THE COMMUNICATOR

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Local professor testifies before Congressional committee

By CHARLES TRUMP

A member of the IPFW Political Science Department was recently called to Washington D.C. to testify before a congressional committee and to speak before a foreign service seminar.

Evangelos Couloudakis testified before the House International Relations Committee, which has a sub-committee on Europe and the Middle East. on Monday, March 13.

The hearings were held to discuss the violation of human rights in Cyprus by Turkey. The outcome of the hearings will be used by Congress when they vote for the restoration of military aid to Turkey and the signing of proposed military agreement for the continued use of American militarv bases on Turkish land.

The American administration under Ford had signed an agreement for the resumption of aid to Turkey, but the agreement failed to be ratified by Congress. Congress stated that because of invasion of Cyprus, they would refuse to reinstate foreign aid and approve the military agreement.

"According to an American foreign aid law, aid must be suspended if the country receiving the aid uses it for other than defensive purposes and-or the country violates human rights at home or abroad," Coufoudakis explained. "When Turkey invaded Cyprus, they violated this law, which led the United States to cease military aid to Turkey."

Due to the current administration's desire to reinstate the aid and have the military agreement approved, Congress held the hearings to gather information concerning the question of existing human rights of the Cypriots. Coufoudakis was called as a witness to testify about the situation in Cyprus because he has done extensive research and writings concerning Greece, Cyprus and Turkey, and also because he has met and is acquainted with the leaders of those countries.

Coufoudakis said that the Turkish aid situation would move to Congress sometime in April. When asked how he felt about the situation as it presently stands, Coufoudakis replied, "with all the available evidence at the time, nothing has changed from the situation as it was in 1974. Therefore, Congress should not reinstate aid or ratify the defense agreement with Turkey until it is solved "

Coufoudakis returned to Washington on Friday, March 17, to speak before the Greek Area Seminar of the Foreign Service Institute of the Department of State. The topic of discussion, American foreign policy toward Greece and Cyprus, was presented in a three-and-one half-hour seminar to people in training for the Foreign Service.

Evangelos Coufoudakis, IPFW Political Science professor, explaining his appearance before the Congressional fact-finding committee.

Campus to have new minister by fall

By ROGER GRIEBEL

God willing, the campus ministry program at IPFW will have a new minister by September.

The Associated Churches of Fort Wayne will no longer be officially involved with campus ministry here. Indiana Commission for United Ministers in Higher Education (ICUMHE) will the the sole organizational sponsor of the program

A steering committee has been working to incorporate campus ministry. Dean of Student Services Jack Ulmer said, "Articles of incorporation were drafted and have been submitted to ICUMHE by our steering committee. We hope by the end of March the articles are 'blessed' so that the process of appointing a board can be completed."

The main purpose of the steering committee was to draw up the articles of incorporation for an independent campus ministry program at IPFW. Former minister Tim Peterson was dismissed in June of 1977 after charges by the associated churches against Peterson's style of ministry. The new board will determine the nature of campus ministry work and set up a job description for the new minister, thus settling conflicts as to what the minister's job actually is.

One-third of the funding for campus ministry was formerly provided by the associated churches. ICUMHE provided the other two-thirds. However, once the corporation is set up, only ICUMHE and individual churches will fund the program. Plans call for the board to be made up of students and faculty representatives. Area churches will also serve on the ministry board.

"The change will leave us with one full-time campus minister," explained Jan Johnson, an IPFW student involved in the campus ministry program here. "By incorporating, we will be our own boss and have complete control instead of having two separate bosses."

"Our end goal is to have an independent board appointed and operating on this campus by September," Ulmer concluded.

'Students' confront Purdue Student Association

A new student organization called "Students" has been organized at the West Lafayette campus of Purdue University. "Students" is calling for the abolishment of the Purdue Student Association (PSA).

Jeff McDonough, a staff writer on the Purdue Exponent, reports that about 2500 signatures have been gathered on a petition "pledging affirmation of Students' as the voice of the student body." The petition supposedly indicates a vote of no confidence for the PSA.

"Students" has stated five main issues. 1) The right to choose guest hours policy, 2) the right to be secure from search and seizure in one's own home, 3) the right to be free from police electronic surveillance, 4) having a choice as to where a student can purchase books (a student-owned-and-operated book store), and 5) the right to choose who represents the student body on various campus committees through elections.

McDonough said in a telephone interview that "Students" was formed when President Hansen decided not to extend Purdue's spring break by one week.

Mike Murphy, a teaching assistant and PhD candidate, is the adviser and main spokesman for 'students'. Murphy was quoted in The Exponent as saying "Students' is not yelling for Hansen's head. We are representing student interests and defending student rights, even if it is not the political thing to do in regards to the administration."

"We are not a confrontive group, but we have been denied the right to grievance and redress," Murphey added.

Scott Sperling, president of the PSA, stated that "Students" is not a threat to PSA, they are a threat to the student body by trying to fractionalize students. PSA represents a united front to the adminstration, with well-though-out and researched, responsible proposals. Ranting and screaming will only damage this front."

McDonough stated that some members of Students have become disenchanted with Murphy and have switched their support over to the PSA. Students is supposedly an organization with about 12 active members, but McDonough said that he knows of only three or four.

In order for a school to be accredited by the North Central Accrediting Committee, it must have some form of a student government. McDonough said that Students started out in an attempt tc insert their own organization in the place of the PSA but have changed their tactics to digging up mud and trying to disrupt the campus in any way possible.

"Students" is in "water way over their head and is not approaching the matter in a levelheaded manner," said McDonough.

Bicycling offers beneficial way to enjoy spring

By NANCY BARBIERI

As of last Monday, spring of 1978 officially arrived -- the season of natural rebirth and reorientation to the outdoors. A beneficial way to enjoy the return of spring whether it be across Indiana farm country or around the city.
bicycling.

Now is the time to retrieve your bicycle from its winter storage corner. But before pedalling away, it's first necessary to check over working parts to ensure safe and reliable riding ahead. The following is a list of things to check now, and on a regular basis, to keep your bike in good working order and to lessen any chances of accidents:

1) Tires -- Inspect tires regularly for worn spots, cracks, and punctures. Pressure should be checked before each ride. Overinflated tires can cause skidding, and, if underinflated, a blow out on sharp turns can result. Soft tires can be damaged by the rims, and they are more difficult to pedal. The air valve should not be at an acute angle to the rim, for the base of the valve tends to be weakened after riding hard. If this is the case, the tire should be deflated, and refiled with the valve straight out.

2) Brakes -- Test hand brakes by examining the brake pads (shoes) to see if they are clean and free from wear. Shoes should be no more than one-eighth inch away from the wheel rim when brakes are not in use. Replace worn shoes and cables when necessary, making sure that cables are properly lubricated.

3) Chain -- It's mandatory that the chain is kept clean (A dirty one can sponge 25 percent of your energy.) For cleaning, use an old toothbrush, and a solvent such as kerosene or turpentine. With a cloth, dry the chain thoroughly, and then soak it with 30-weight oil. The last step is to wipe the chain almost dry to avoid clinging dust and dirt. Ample tension in the chain is necessary. If it is either too slack or too tight, take it to a bicycle repairman or a mechanical minded friend or adjustment.

4) Bolts -- It is important that the nuts and bolts holding the bike together are tight. Test the handlebars by standing in front of the bike, and grasping them. They should not twist back and forth. Make sure each wheel is aligned between the forks. If it is not, loosen the axle nuts, align wheel; and retighten again. Also, check and see if the seat and pedals are securely fastened.

5) Derailleur --The derailleur, which moves the chain from one gear to the next, should be kept well lubricated with motor oil. To check cable slack, push both levers all the way foreward. This condition can be remedied by pulling excess cable through the derailcur cable stops. The two most common problems of the derailleur-gear system of ten-speed bicycles are: a(the chain not shifting onto the large or small sprocket, b) the chain does shift but goes off the other side. Almost all front and rear derailluers contain adjusting screws which can be located by checking your adjustment manual.

These are just a few basic points on maintaining your bike. It is helpful to remember that dirt, water, and lack of oil are major causes of problems. Even a few minutes of care can lengthen the life of your bike and save unnecessary exertion. The basic components for keeping your bicycle in good condition are a basic tool kit and personal effort.

Student senate criticizes phyical plant personnel

By ROGER GRIEBEL

Monday night was the last meeting of the 1977-78 student senate. In concluding the year, the senate passed resolution 7778-L which admonished all of the administrative heads of the physical plant.

Senator Rick Ritter, sponsor of the bill, cited harassment of the students because the personnel threw away many of the student and staff directories that were placed near "The Communicator" distribution racks. The resolution also lists other areas in which the senate feels the physical plant is lacking.

Ritter alleges that the student and staff directories were thrown out by the janitors. He stated that the physical plant personnel have not adequately explained, to his satisfaction, what happened to the directories.

Randy Chandler was present at the meeting and was appointed to the Chancellor's Affirmative Action Committee. Chandler is presently co-chairman of the Chancellor's Advisory Committee and charged the chancellor with failure to call a meeting of that committee all year.

Legal aid services will begin April 10 and run through May 5, 1978, said Ritter About a dozen lawyers are participating.

Legal education sessions will begin next fall. Students who go to a particular lawyer will not be able to be a client of that lawyer. Instead there will be a rotation of lawyers so that the work load is evenly distributed.

Times for the service this semester are: 12 noon - 5:30 p.m. and 6:30-9:30 p.m. The days have not been announced. Ritter stated that he wil be checking into room scheduling soon.

Next Monday the new Students' Government will take office. No major changes appear to be in store as six of the current senators will serve an additional term.

A Fort Wayne fire department truck fords a small ocean caused by melting snow on Tennessee Avenue in order to get to the scene of a fire. Photo by Mark Ryan.

Poetry Contest

..The deadline for the "Lines Outside The Tower" poetry contest is Friday, March 31. All entries should be addressed to the communicator, 2101 Coliseum Blvd. East, Ft. Wayne, Ind. 46805. Winners will be announced in the April 13 issue of The Communicator.

Earl Wiley leads simple life

By JEAN BERGMAN

Earl Wiley does not live like most people live. The 80-year-old bachelor still uses an outhouse and pumps water from a well.

"I never wanted inside plumbing bad enough to get it. They're (the outhouse and well) OK when the weather's nice. And I'd just as leave pump my water and get it cold and quick."

And if it were up to him he would still be burning coal and wood in his four-room farmhouse 12 miles west of Bluffton, Indiana. However, he had to switch to a space heater after a severe heart attack in 1971.

Wiley says he has always been a grain farmer. "I was farming 100 acres. I worked just enough to make a living. But now it's harder." He now rents his remaining 32 acres to neighboring farmers.

Sitting in a worn armchair, wearing a checked red and black cap, a flannel shirt, jeans, and laced boots, he claims: "I used to have horses and a few hogs. I never wanted a cow. Now it's just me, the dog, and I bet some mice."

Wiley remembers farming with horses. "I always liked being around horses. You don't see a whole lot around these days."

He explains how his love for horses got him a job showing ponies at the county fairs. "The ponies belonged to another farmer, Lorenzo Jacobs. We'd also set up the pony rides for the kids."

In his younger days, Wiley was always hunting and fishing. He hunted rabbits and squirrels in the woods behind his house, and every winter he would go ice fishing near Angola and Columbia City.

Now that he is no longer able to fish, the younger neighbors often bring him some of their catch.

Wiley says he was born one mile north and three miles east of Liberty Center, a small town southwest of Bluffton.

"For the longest time I thought I was born in 1898 until one day I looked it up in the Bible and saw it was in 1897. Here I'd been a year ahead of myself all that time."

As a young boy, Wiley's grandfather would take him down the road in the horse-drawn buggy to the crossroads town, Bly. Bly had a population of 23, and there was a school and a combined post office-grocery store.

"Granddad would take me to the grocery store and buy me candy and bananas. And you know, that grocery store was in this very house I'm living in today. You can tell by the shelves in the back."

In his grade school days, Wiley used to walk a mile and three quarters to school. "In real bad weather my folks took me to school in the buggy. It ain't like that today. We had school every day in the winter, no matter how bad it was."

Wiley graduated from high school in Liberty Center. His independent nature shows in a little eipsode he had with his high school music teacher:

"I was supposed to copy some notes from a manuscript she had. Then I was to hand them in, but I just made up my mind I wasn't going to do it. I played hooky the day I was supposed to hand them in. Next day the teacher told me I better hand in those notes or I wouldn't get any credit. I never did write them. I didn't need the darn credits anyway."

Wiley vividly remembers Halloween pranks he played with outhouses while he was growing up in Liberty Center.

"A bunch of us boys would turn them all the way over. Sometimes we moved them a few feet at night and left them there, so when anyone went out there in the night, they were bound to step in a mess "

Wiley recalls when President Roosevelt tried to clean up America by introducing better outhouses.

"The first time I saw the new Roosevelt johns was when I was in Chester township. They set up one in town. It had a cement floor, a vent pipe in the roof, and a seat and lid. You were supposed to keep the lid shut."

"It was pretty nice, but you had to experience it in the winter time. Keeping that lid shut made the damn seat cold. At least you didn't sit so long. But you had to tie the lid back to keep from getting a frosty seat."

Wiley adds that in the winter, most people kept in their house a "white rabbit", which was the forerunner of the porta-potty.

Although he says he does not cook as good as he used to, Wiley has always been his own cook. "I learned how 'cause when there's no one else to do it, you got to do it yourself."

Every year he raises a garden with cabbage, onions, salsify, beans, squash, and melons. He also hunts mushrooms in his woods.

Wiley claims he survived the "Blizzard of '78" with his neighbors' help. He uses a CB in place of a telephone, and his neighbors check up on him through the CB.

Wiley is not completely roughing it though. He does have a refrigerator, portable color TV, an oven, a fan, and a recently-purchases air conditioner. And every once in a while you can see him driving his green Toyota Corolla to Maloley's in Bluffton.

Where the average home consumes 450 or more kilowatts of electricity per month, Wiley uses 170 to 180 kilowatts. His bill is between seven and nine dollars per month.

Even with such low consumption, he has cut down on his TV viewing because of the energy problem; however, he claims the coal strike is "getting too much attention."

For those who complain about the need to cut back on electricity consumption because of the coal strike, maybe they should think of Wiley's comment, "It ain't that you can't live without modern conveniences, 'cause you can."

Shadowfax stirs to life

By JAMIE THOMPSON

Live rock music in Fort Wayne, with the exception of occasional Coliseum concerts, is supplied by the ever-changing number of local bands. The bands are made up of mostly young guys paying off the debts on instruments and blasting out AM hits over used PA systems. The groups are sometimes referred to as "garage bands"; probably because the only place to practice without bothering the neighbors is a garage.

Sometimes a band with more talent than usual would surprise their audience with inspired, proficient performances. On the south side of Fort Wayne, Shadowfax, a band with that extra edge of talent, is forming into a very promising group. Shadowfax, taken from the name of magic horse in Tolkein's Ring Trilogy, is preparing to run.

The coal strike has forced the cancellation of high school dances, and engagements for the band are scarce at the present time. It doesn't really matter; Shadowfax is not quite ready yet. Saturday afternoons are spent practicing in a comfortable basement on Old Mill Road.

The amplifiers and PA system are cramped in such close surroundings, and feedback is a problem. With all the sound equipment so close together, the sheer volume of the music can also be a problem The band's emphasis however, is on skill and expertise, not high volume, to cover up mistakes Shadowfax ran through two REO hard rockers and a good song from UFO, "Too Hot to Handle". The band was tight, clean, and definitely a group playing together well.

Only the lack of enough well-rehearsed songs seems to be keeping Shadowfax from playing a dance in the very near future. The group plans to work out a well-balanced set of Kansas, Styx, REO, Rush, and even a little Bob Seger. Several acoustic numbers including "Dust in the Wind" will be added for a change of pace.

Shadowfax could still use a good keyboard man with equipment. Dan Lash, the lead vocalist, will handle the keyboards for the time being. More practice will be needed before the band is fully prepared, and they hope to play after-proms this spring and outdoor concerts sponsored by the city this summer.

Hauling heavy equipment around, "roadies" who'll work for beer, and audiences who want only Kiss are all trivial in the end. The music and the "high" of performing is of the greatest worth. Tolkein writes, "Down leaped Shadowfax, like a deer that runs surefooted in the mountains." The musical Shadowfax will be ready to leap down soon. From all indications, Shadowfax could run very fast and far with their music, like the magical horse flying gracefully through darkened vales.

Shadowfax is: Don Knox, percussion; Dan Lash, lead vocals, keyboards; Kevin Manny, lead guitar, vocals; Cliff Ward, rhythm guitar; Mark Wright, bass, vocals.

Editorial

New campus ministry will need community/student support

There is hope for the campus ministry program at IPFW.

Against all odds the campus ministry has separated itself from some unnecessary influence from the Associated Churches of Fort Wayne. Delicate negotiations began last summer and continued through the fall semester to achieve this end.

Because of their not for profit incorporation Campus Ministry will have a truly independent board of directors with the freedom to draw up its own campus minister job description. It will also be free to determine its own programing.

Although the Campus Ministry, at times was barely visible this year it has benefited from this off year.

Ministers from different Fort Wayne Churches come and spent time on this campus, familiarizing themselves with its students and its unique atomosphere. It is hoped that these dedicated people will continue to feel welcomed here.

Through the efforts and these ministers and student Jim Johnson and Catholic chaplain Fr. Larry Kramer the Campus Ministry has survived this period of "wandering through the desert."

Funding will be crucial to the program and it is hoped that the church community of Fort Wayne will realize the need for a good campus ministry and contribute generously in support of it.

Campus Ministry is a worthwhile program that the student's government should consider when it begins deliberation on how to spend the student activity fee dollars.

But money is not everything as these visiting ministers proved. Ministerial volunteers will also be needed to make the program a great success.

We look forward to a new campus ministry at IPFW and thank those who worked so hard for its creation.

Opinion

'It's not normal to be all fouled-up'

By LARRY KRAMER

Congratulations to Dean Ulmer and his staff for their hard work on the recent student life survey. My own observation of the over-all campus scene in northeastern-north central Indiana led me to some of the same conclusions. Particularly, the use of the word apathy to describe student attitudes has always seemed greatly unfair and inaccurate to me.

Not that apathy is not a problem. But it is not the problem. Nor is the problem a simple lack of available services, although that is an important part of it. This appears to put me in disagreement with a recent Journal-Gazette editorial, which marks out with a beautiful and well-drawn distinction between apathy and what I might term non-campus-centeredness. But unless I misread it, the editorial degenerates into a recommendation that we play more basketball around here. That surely wouldn't hurt, but more campus activities can only set the stage for what really has to happen if this campus and this city are ever to come alive.

What is it that makes my beloved home town end one of my recent expressions (alas, it confess multiple loyalties) so disappointingly dead? With apologies to a scholar whos name escapes me, may I submit a formula: oppression+4wareness equals anger-action; oppression+awareness equals apathy-wasted motion.

An example of the wated motion syndrome would be our widespread resistance to the Panama Canal Treaties. With unusual insight William F. Buckley has traced this disproportionate furor to its undifferentiated sense of frustration on the part of the American public. We've just had it with everything in general, from Watergate through crime-in-the-streets to inflation. Like a child who needs a nap and doesn't realize it, we can't give anything up. We feel insecure and no matter what we're asked to do. We take it in a threat and refuse to listen.

We turn from the streets to the campus, invest our energy and hope for a better life. And my hanging out in the coffee lounges does pick up a rather high level of contentment. But here again I diagnose the presence of a vaguedis-ease, a waste of motion as people resign themselves to snafuis and compromises without being completely sure they are necessary. If anything that tends to hold a person back from discovering and achieving her or his potential can be called oppression, then there is oppression of many different varieties on this campus.

It would be nice to have a clear-cut villain. But in the immortal words of the late Pogo, "We has met the enemy and they is us!" Oppression afflicts all levels of the campus. Administrators are oppressed by red tape from downstate. Professors are oppressed by demands from administrators and students. Students are oppressed by administrators, professors and the expectations of family and job. Everybody is oppressed by an economy based not be survival of the fittest and the production of goods rather than services. Remember the origin of the word snafu? Situation Normal, All Fouled Up.

What can we do about it? We can begin by deciding that it is not normal to be fouled up. We can continue by asking ourselves and our peers where the biggest foul-ups in our lives come from. Then we can get mad. Constructively mad. Anger can be a virtue. It helps drive us to secure our rights and the rights of our neighbor. It is immoral only if we allow it to become a "trip" that makes life miserable for innocent by-standers and infringes on their rights.

We have to be gentle in our anger so that it doesn't destroy anyone, including ourselves. It's a powerful force and it can backfire. And we have to remember that all oppressors are themselves oppressed. That way we are sure to discover unsuspected allies and to form coalitions broad enough to bring about change.

Now, let's see. Who and what have been oppressing me?

Opinion

Take away the PLO's reason for terrorism

By MICHAEL BEHR

The unstable situation in the Middle East has become more unstable as a result of the Israeli retaliation against terrorists in southern Lebanon.

The raid has raised fears that the Palestinian Liberation Organization PLO, will intensify its terrorist activities against the Jewish State. PLO leader Arafat has stated that his organization will go back to its past policy of attacks, kidnapping and executions.

Strangely enough, both sides claimed the same goal when embarking on their raids. The objective of the PLO attack, which killed 34 Israelis, was to kill as many people as possible. Begin stated that the raid was launched to "sever the arm of iniquity." He stated "Gone are the days when Jewish blood is shed with impunity. The shedders of innocent blood will not go unpunished." Along with smashing of the PLO in Southern Lebanon many innocent people living in the path of the Israeli search and destroy mission have been killed or driven from their homes.

The Israeli chief of staff, Lieut General Mordechai Gur, echoed the PLO's objective – "Our objective is to kill as many terrorist as possible."

What is the result of all this killing? Egyptian President Anwar Sadat implored Israel to "break this vicious circle of action and reaction, because it will lead to nothing." The president was wrong. It will not lead to nothing. It will lead to the destruction of the hope for peace in the Middle East.

Begin claims that the mission was not one of revenge because "nothing can revenge the life of an innocent child." However this mission is clearly a re of the great revenge of the Palestinian terrorists.

Revenge against the PLO is counter-productive. It hardens their resistance to and hatred for the state of Israel. Terrorist groups will find a new way to attack Israel if their guerilla camps are denied them in southern Lebanon.

The terrorist attack and subsequent retaliation was hurt the chances for a complete peace plan with all Arab nations and deepened the resolve of Israel not to allow the institution of a Palestinian state in the West Bank.

Sadat, who alienated his fellow Arabs by publicly condemning the PLO attack, is now faced with the decision to pursue peace on his own with no regard for the other Arab states.

Israel now occupies land in Lebanon and this occupation will probably require protracted negotiations similar to the discussions about the Golan Heights, the Sinai, Gaza and the West bank.

Terrorists are not rational people. They do not understand anything other than their goal. Israel should realize that the PLO does not value life and this is not deterred by violence against them. Revenge breeds more revenge. Revenge has been the cause of more bloodshed that has any other single cause in the history of mankind.

The solution to the PLO and their terrorist tactics is not to exchange gunfire with them but to take away the cause for which they are fighting. Any peace settlement will have to include provisions for some type of Palestinian homeland.

Israel's right to exist within secure borders must also be guaranteed.

The PLO's reason d' etre is the waging of guerilla war on Israel. Make th Palestinians responsible for the management of a country of their own, and they will set more responsibly. Sadat is responsible for the well being of Egypt, and this responsibility has brought him to the conclusion that, in order to do this he must have peace.

The same could be done with the Palestinians. Terrorism is always the act of lost resort. Thus the terrorists are always fanatical; they have no other means other than terrorism.

One cannot expect a people to responsible and play by the rules of a nation-state when they do not have one.

However one problem still remains. If the Palestinians are dedicated to the destruction of the state of Israel there can be no peace, but only unending raids and retaliations such as the one just witnessed. If on the other hand they are dedicated to the establishment of a Palestinian homeland there is hope for peace.

The dilemma is that the Palestinians are dedicated to both.

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The Communicator welcomes letters to the Editor. All letters must be signed and to the point. The editorial board reserves the right to edit all letters and cancel your letter which they feel are objectionable. The letter's name, address and phone number should be included on the letter but only the name will be printed. Letters should be typewritten (upper-lowercase) and double spaced as one side only. Deadline for letters is the Friday before the week of publication.

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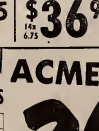
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BULLETIN BOARD

ACADEMIA

The deadline for filing for financial aid for 1978-79 has been extended to April 1. Students who apply by that date will be given priority consideration. Students must submit the Financial Aid Form (FAF) and the IPFW Application for Financial Aid to be eligible

Faculty Notes

Dr Mark Sheldon, Assistant Professor of Philosophy has been invited to present a paper titled "Philosophy and Anna Karenina" to the third annual convention of the International Association for Philosophy and Literature, Harvard University.

Greg Rendel has been selected as a finalist in the Junior Science and Humanities Symposium for his report: "The Construction and Operation of a Van deGraff Accelerator and Its Use in Research". He will present his paper at the Symposium at Indiana State University on April 1.

Dr. Gerald L. Houseman, Associate Professor of Political Science at IU-Purdue is spending the year as a National Endowment for the Humanities Fellow at the University of California - Santa Barbara. Professor Houseman has published two articles in connection with his research project: "The Rights of Mobility" which appears in Society magazine and "The State of the State Tests", which is in the Indiana Social Science Quarterly. He also has two new book reviews, one in Jewish Social Studies and one in the Western Political Quarterly. His quest editorials on the right of mobility have recently appeared in the San Francisco Examiner and in the Baltimore Sun.

The International Political Science Association has appointed Professor Houseman to its Commission on "The State and the Law" and he has also been recently named to the Board of Editors of the Journal, New Political Science.

Dr. Elmer Anderson and Dr. Dwight Henderson, Deans of Science and Humanities and Arts and Letters respectively, will address a meeting of the American Association of University Professors. The deans will speak on the subject of scholarship and research at IPFW. The meeting will be in Room 116, Student Union Building, on Monday, March 27, 1978 at 12:30 p.m. Come to the meeting and bring your lunch.

CALENDAR

Wednesday March 29
No events scheduled
Thursday March 30
Inter-varsity Christian Fellowship Meetings 11:30 a.m and 7:00 p.m. Walb 114
Friday March 31
Dental Assisting Aptitude Test, 1:00 p.m. Neff 251
Saturday April 1
Spring vacation begins after last class Deadline for filing for Financial Aid
Sunday April 2
Indiana-Purdue Reports!, "Cancer Month", WANE-TV, Ch. 15, 6:30 a.m. and on Citizens Cable, 6-6:30 p.m.
Monday, April 3
No events scheduled

Tuesday April 4
Baseball vs Purdue away
Wednesday April 5-7
No events scheduled
Saturday April 8
Dental Hygiene Alumni Luncheon, 11:00 a.m., Walb Union Ballroom Baseball vs Tri State at home
Sunday April 9
Indiana-Purdue Reports!, Learning Resource Center, Balduser& McCants, WANE-tv, Ch. 15, 6:30 a.m. and on Citizens Cable 6-6:30 p.m.
Monday April 10
Classes resume
Tuesday April 11
Department of Psychological Sciences Seminar, Community Mental Health, Dr. Robert Greenlee, Director of the Fort Wayne Community Mental Health Center, 12:30 p.m. Neff 270
Soc-Anthro Forum, Dr. Sandstrom, 12:00 noon
Wednesday April 12
University Feminists Meeting, Jeanette Clewsen, Women's Studies Program, 11:00 a.m., Walb Union 116
Thursday April 13
No events scheduled
Friday April 14
Last day to withdraw from classes
Saturday April 15
Northeastern Indiana Regional Science Fair, Memorial Coliseum Junior Percussion Recital-Dave Hooker, 3:30 p.m. Neff 101

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arts AT A GLANCE

ART ON EXHIBIT

The Fort Wayne Museum of Art is displaying, "Tall Grass Prairie." This exhibit includes a lecture, "Dyeing Eggs with Natural Dyes." Museum hours are: Tuesday-Thursday, 1-5 1-5 p.m.; Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m. - 5 p.m.

CUTTER DISPLAYS PHOTOS

The Fort Wayne Public Library is continuing its exhibition of commercial photography by Stephen Cutter, owner of Cutter Commercial Photography in Ft. Wayne. The exhibition will continue until March 31.

BRICCETTI TO CONDUCT FAREWELL CONCERT

Thomas Briccetti will conduct his farewell appearance with the Indiana Chamber Orchestra at 8 p.m. Saturday in the Performing Arts Center. The orchestra will be joined by the 80 voice Fort Wayne Symphonic Choir. All seats are $4 and $1 for students. Call for reservations, 484-4134.

SCHIFF JOINS PHILHARMONIC

Guest artist Zina Schiff will join guest conductor Melvin Strauss and the Fort Wayne Philharmonic in concert at 8:30 p.m. this Tuesday in the Embassy Theatre Ms. Schiff will perform Saint-Saens's "Violin Concerto No. 3 in B Minor." Also in the program is Berlioz's "Symphonie Fantastique." Tickets are $2 for students and senior citizens.

HUMOR AT HOMER

"Relatively Speaking," a four-character comedy, will be performed Thursday through Sunday evenings, with a matinee on Wednesday, at True Grist Dinner Theatre in Homer, Mich. The play is about a case of mistaken identity. For reservations, call (517) 568-4151.

RAGTIME PRESENTED

The New Orleans Ragtime Orchestra will perform at 8 p.m. on March 31 in the Scottish Rite Auditorium. Reserved seats are $6.50, $5.50, and $4.50. Tickets are available at the Embassy Theatre box office.

OBERLIN COLLEGE CHOIR ENSEMBLES MUSICIANS

The Oberlin College Choir, directed by Daniel Moe, will perform at First Presbyterian Church, 300 W. Wayne St., at 8 p.m., March 28. The choral ensemble is comprised of 60 musicians selected by the Oberlin College of Art and Sciences. There is no admission charge, but a plate offering will be taken.

OUTLAWS AT INDY

The Outlaws with guest Sea Level will appear in concert at the Indianapolis Convention Center today, March 23rd. The show will start at 7:30 p.m. Tickets are $7.00 at the door.

BOB SEGER RETURNS

Bob Seger will come again to the Memorial Coliseum on April 14 for his second appearance in Fort Wayne. Seger was an eary sellout last time around, and tickets will go on sale March 25, at the Coliseum box office.

"House Calls" is well done

By MIKE GEFFEN

It's a pleasure, after seeing so many films which profess to be "comedies" but in fact are so mechanical they seem the have come off an assembly line, to see a film like "House Calls."

A throwback to the screwball "comedies" of the thirties, where in amid much confusion, boy and girl meet, fall in love (while constantly fighting), break up, and meet again with the inevitable conclusion. Here, the couple is played by Walter Matthau and Glenda Jackson and you couldn't ask for a better team to play these characters

The characters they play are so refreshingly human (unusual for a comedy) and so attractive and appealing, that you're rooting for them to like each other from the moment they meet. They don't though, the fighting starts and the fun begins

Directed by Howard Zieff, who in his last two films, gone from the ridiculous "Slither" to the sublime "Hearts Of The West," hit the big time with this one. After making a fast-paced, action comedy, and a gentle character comedy, he now proves that he can direct a light romantic comedy along with the best of them. While not yet in the Howard Hawks category, this film finally shows Zieff's potential as a filmmaker, and that given time, he could be as good as Hawks.

"House Calls" is evenly paced, with jokes which don't overpower the characters or the cast. Unlike a Brooks film where everything and anything goes for a joke. In "House Calls" the tone is more subtle, with nice characterization here, some laughs there, which gives the film a balance

Part of this balance is due to the script. Written by Max Schulman, Julius J. Epstein, Alan Mandel and Charles Shryer, the superior script has created some of the best comedy parts for actors and some of the funniest bantering ever heard on screen Hilarious sequences abound, such as the scene where Nichols (Matthau) is running down the street in a red fringe bathrobe and the sequence where the Beatles "Something" is heard during Nichols' and Ann (Jackson)'s courtship.

Any good script and direction is helped by competent actors, and "House Calls" is no exception. Along with Glenda Jackson and Walter Matthau, others in the wonderful cast are Richard Benjamin as Dr. Soloman, who is the equivalent of the sidekick-pal in the farces of the thirties Benjamin makes the most out of his role. He is much better here than he is on T.V.

Art Carney has the most laugh-filled role in the film, and it's a role which showcases his talents brilliantly, particularly his timing. He plays the old, senile chief of staff at a hospital: and he is constantly forgetting patients and their names, foregetting where he is going, and sleeping on his desk. Carney relishes the role, and it's obvious he's enjoying himself.

The supporting cast is filled with familiar faces, if unknown names, and their talents make even the smallest part enjoyable.

"House Calls" is an entertaining unpretentious, enjoyable trifle. Great direction, good script and an even better cast make the proceedings enjoyable Harmless fun.

If you like humor which is dished up nicely, well done, with a dash of wry on the side, go see "House Calls". You won't be disappointed.

Lives outside the tower

"Drugs belonged to all exalted experience, thought Farragut. Drugs belonged in church. Take this in memory of me and be grateful, said the priest, laying an amphetamine on the kneeling men's tongue."

From John Cheever's "Falconer"

Ezekiel Farragut (fratricide, zip to ten, 734-508-32) arrived at Falconer Prison on a late summer's day, and as he walked underneath the escutcheon representing Liberty-Justice-Government, he nailed his identity to the blue sky

John Cheever's "Falconer", among other things, is one long discourse on the ironic paradox of freedom and imprisonment. The title itself implies the paradox -- the falcon, like all birds, is a symbol of freedom, at the same time it is a bird of prey. Falconer Prison becomes a vehicle for the freeing of Farragut's soul And his only means of exaltation in prison, his daily dose of methadone, also deprives him of his personal freedom.

These sorts of contradictions have always been a specialty of Cheever's fiction. In "Bullet Park" Cheever is a disdainful dissector of the middle-class. He points its absurdity to the point of seeming almost surrealistic. Yet at the same time, he uncovers the desperate dignity of he Hammer family and the Nailles family who live in the quiet suburb of Bullet Park.

A Cheever character is constantly groveling for some kind of spiritual exaltation. It usually comes in the form of drugs:

"When he began to teach, he and his department head would shoot up before the big lecture, admitting that what was expected of them from the world could be produced only by the essence of a flower "

One scene in "Bullet Park" pans in on Mr and Mrs. Nailles eating breakfast:

"Sitting at their breakfast table, Nailles and Nellie seemed to have less dimension than a comic strip, but why was this? They had erotic depths, origins, memories, dreams, seizures of melancholy and enthusiasm. nailles sighed "

The vehicle of exaltation is the only way for the quietly desperate Cheever character to break in to that third dimension. It is the only way in which their ordinary experiences take on any meaning. Farragut is absorbed by the most commonplace happenings inside Falconer He is able to see to the core of things ("Opium eaters know."). The Cheever character, above all, is interested in spiritualism

Cheever's technique complements his theme He is a meditative observer. His observations are striking, vivid, yet fluid-- the reader feels at once removed and involved. The meditations are succinctly integrated with the observations, and the logical yet illogical progression of flashbacks seems to be representative of the train of thought of a man who has just been given a methadone injection.

Farragut escapes from Falconer at the end of the book He also seems to have escaped from his other forms of imprisonment. The prison, he learns, has been giving him placebo injections, he's clean. He, of course, won't go back to his family and certain capture. He won't resume his position as college professor. Yet for the seemingly hopeful implications of this total freedom, Cheever leaves us neither hopeful nor skeptical about Farragut's future. Freedom, for a Cheever character, for all of us, is conditional Whatever type of freedom is chosen implicity contains its own type of imprisonment

'Smut' magazines top sellers locally

By BOB GRIEBEL

Sexual permissiveness, competition between publishers, plus pictures of naked bodies have combined to make pornographic publications an "anything goes". field.

"Smut" magazine sales in Fort Wayne have climbed during the past two years to the top sellers in area bookstores and drugstores. Summit City News, the only Fort Wayne distribution center for magazines, noted that while they sell more women-oriented magazines than any other, "smut" is on the rise.

IPFW is no exception to this current trend. Margaret Little, trade manager of Follett's Bookstore in Kettler Hall, attests to the growing change in magazine sales. She said, "a few years ago our best sales were magazines tailored to men. Today we sell more Penthouse than any other.

Some other popular magazines were Playboy, People, and TV Guide.

One difference in IPFW magazine buying is the expanded buying of women's magazines. Little explained that more women's magazines were being purchased than ever before. Some of the most commonly bought are Cosmopolitan, Women's Day, and New Woman.

The question arises as to why "smut" publications are America's favorite Circulations uncover a sprawling empire, with Playboy at 5.4 million, Penthouse at 4.4 million and Hustler at 1.8 million sales per month.

Explaining that she is against the destructive link between sexuality and aggression, Cathryn Adamsky, of the IPFW Psychology Dept., noted that our society "should be more critical of what they read "

Undoubtedly there is money in the business of gamy sex magazines, but a price is often paid as well. Hustler nets $2 million per month, but Publisher Larry Flynt is currently recovering from and assassination attempt.

Perhaps the largest distributor of magazines in Fort Wayne is Reader's World in Glenbrook, with a variety of over 2000 different magazines per year. This includes just about every hobby, news, entertainment, and sports magazines sold. Yet, here too, "smut" is a top seller. Jan Hessler, magazine sales manager, revealed Penthouse as the most commonly-purchased magazine. Six hundred per month. Others are: Playboy-450 a month; Hustler-450 a month; and for equality, Playgirl-100 a month.

Hessler noted that Reader's World carries over 20 pornographic magazines and even has one for gays called Blue Boy. When asked what she felt was the cause for more open sex in today's magazines she stated, "I believe competition between the publications has caused most of it. Even a year ago the rule was exposure only from the waist up. Today all "smut" publications are waist down."

Freedom of the press is being questioned. A recent issue of Parade Magazine said, "Pornography used to mean cheap postcards and pulp magazines hidden in cornertbs. But now the running sore that pours through mass publications is the work of large corporations, prestigious publications, and leaders of the intellectual community. It comes to us not in the back alley but in our bookstores, and neighborhood drugstores."

Bob Green: Fort Wayne's jazzman

By MIKE GEFFEN

The music is melodic, and the intoxicating rhythms hit you. That wonderful sound fills you with pleasure. That sax, that hard-driving artistry of the sax The artistry and the pleasure you get from it are created by one man.

That man is Bob Green, and his sax is able to phrase notes like you never thought possible. He turns them around and twists them inside out, creating some of the most memorable music you ever listened to.

Green ranges from Mancini, King, from a ballad like "If," to a show-stopper like "Mister Magic." He has a unique flair which enhances any song he plays.

It helps if you have good musicians backing you up, and Green does. Keyboards, base, and drums all add to the musical excitement. Playing at Mac Tavish's on Sunday nights, the band is sensational, and the place provides an easy, comfortable, atmosphere to relax in and listen to some great jazz.

Green has an easy-going manner and has eyes that are full of life. An amazing man, at 47, he is doing something that a lot of people dream of --playing jazz in a night club "I've followed jazz ever since high school. I would come home after school and listen to a jazz station in Chicago, Green remembers.

The jazzman works as a salesman for L.S Ayers, and sax playing is his hobby. He was attracted to jazz because of a "total appreciation of jazz," and chose it over other types of music because "it's the most exciting and challenging kind of music. You can take a song and go in many directions with it, while still keeping the basic framework of the song "

A Fort Wayne native, Green started playing the sax in 1964 when he was 33. The reason he got started late? "I got married and got hung up in the 9 to 5 everyday routine " Green plays four instruments: alto, tenor, and soprano sax; and the flute.

How does he keep things fresh? "There's always a total concentration, and that keeps it interesting." How many compositions are in his repetoire? "I don't know. Somebody asks you, 'Can you play this?' 'Sure' 'Do you know that?' 'Yes'."

Green chose the sax because of "the resonance and artistry of it. I think it's more versatile than the flute." He plays in a two-state area, Ohio and Indiana, and says that at one time the smaller towns were more appreciative of jazz than the bigger towns. He wishes that audiences were more appreciative of jazz in Fort Wayne, but does believe that Ft. Wayne is catching up with the smaller towns.

Green himself likes to listen to and says he is influenced by: Grover Washington, Stanley Turrentine, and Ronnie Laws. "The people that influence me are the people I think I can reach stylistically." Would he like to play in Chicago? "No I have no desire to play in Chicago. I don't think I'd have a chance because of my late start in playing jazz, and there is too much competition."

Green thinks that jazz is being "assassinated by other music because disc jockeys are not exposing enough jazz to the public on the radio." He believes that there is a revolution going on in jazz currently.

Green says, "There is a lot of talent in Fort Wayne, but the musicians are apathetic because there are not enough people supporting them. There are a lot of musicians out there who are better than me." But he is encouraged. "I think that Fort Wayne is making a turn in the right direction musically, and hopefully those musicians will come out of the woodwork."

Bob Green is a remarkable man playing remarkable music. He plays fantistic sax and fills the club wherever he plays with superb melodies. He is currently playing at Mother's Bar on the landing on Wednesdays, Fridays, and Saturdays from 8:30 p.m. to 1:30 a.m. and at Mac Tavish's in the Marriot Inn on Sundays from 6:00 p.m. to 10:00 p.m. Go see him, you're in for a musical treat.

"Coma" full of suspension

"Imagine your life hangs by a thread. Imagine your body hangs by a wire Imagine you're not imagining." Obviously the advertising department thinks imagination is important to "Coma" They're right. You'll need it to imagine you're enjoying the show. Well, it's not that bad, but it is, well, kind of hard to imagine . . .

"Coma," Hollywood's attempt to cash in on the K.A. Quinlan phobia, takes us to Boston Memorial Hospital where there's funny business afoot, and I don't mean just the lab technicians after closing time. Seems an odd number of young healthy patients undergoing routine operations have lapsed into unexplainable comas ("Well, that's the risk of anesthesia") only to be packed up and shipped off to a mysterious clinic for "storage."

When resident physician's (Genevieve Bujold) best friend falls victim, she launches a one-person investigation which slowly uncovers a grisly "Kill the healthy to repair the wealthy" used body parts business. Naturally the bad guys are on to her long before she's on to them, but that fills in the movie with several chase scenes where Bujold proves refreshingly competent when cornered. (One scene that comes to mind has her cleverly burying her pursuer under a row of dead bodies in the anatomy lab's cold storage room)

Will Bujold succeed in unveiling the dastardly plot, or will she too find herself slip sliding away into suspension city? I can't say the suspense is too much to handle, but . . . use your imagination.

Genevieve Bujold is worth watching, though, portraying the young physician who prides herself on her competence and professionalism -- when she's not busy kicking her all-too-typical sports car for not starting, that is. Michael Douglas plays the man in her life, a fellow physician trying his best to warm Bujold's unemotional heart but keep her quiet (very suspiciously) at the same time. Director Michael Crichton has filled the movie with lots of clinical detail to support his bizzare plot, but I still found it's plausability "banging by a thread" along with the coma-cases.

All in all, "Coma" is interesting but not what I'd call outstanding. I guess you could say it's just sort of "hanging in there."

New poli-sci club meets

Res Publica, a newly-formed political science club, has announced the time and date of its third meeting The club, which plans to organize a national honor society and became involved in the upcoming local elections, will meet at 7:30 p.m Thursday in Room 110 of the Walb Memorial Union. Don Guffey, one of the club's founders, said that the meeting will probably adjourn to a local bar afterwards.

Discussion during the meeting will center on: organization of a national political science honor society; a planned political commentary in The Communicator; a membership campaign; and any other social or political activities that club members interested in.

M·S·M THEATRES

484-2223 HOLIDAY AT NORTHCREST — NOW SHOW — NEW...FROM WALT DISNEY PRODUCTIONS RETURN FROM WITCH MOUNTAIN (G)

484-2223 HOLIDAY AT NORTHCREST — HELD OVER 15 th WEEK — WE ARE NOT ALONE CLOSE ENCOUNTERS OF THE THIRD KIND Starring RICHARD DREYFUSS (PG)

749-4061 GEORGETOWN STATE AT MAPLECREST — HELD OVER 15 th WEEK — SATURDAY NIGHT FEVER (R)

749-4061 GEORGETOWN STATE AT MAPLECREST — HELD OVER 14th WEEK — A long time ago in a galaxy far far away STAR WARS (PG)

747-6912 QUIMBY VILLAGE 1808 BLUFFTON ROAD — NOW SHOWING — Imagine your life hangs by a thread. COMA (PG)

747-6912 QUIMBY VILLAGE 1808 BLUFFTON ROAD — HELD OVER! — MEL BROOKS HIGH ANXIETY (PG)

483-3443 GATEWAY 2735 GOSHEN ROAD — NOW SHOWING — An experience in terror THE FURY (R)

483-3443 GATEWAY 2735 GOSHEN ROAD — NOW SHOWING — a funny love story. "House Calls" (PG)

483-3443 GATEWAY 2735 GOSHEN ROAD — NOW SHOWING — THE BIG SLEEP United Artists (R)

447-4032 CINEMA 27 U.S. 27 AT HANNA — NOW SHOWING — NEW...FROM WALT DISNEY PRODUCTIONS RETURN FROM WITCH MOUNTAIN (G)

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11 ACADEMY AWARD NOMINATIONS JULIA (PG) Based on a true story SAT.-SUN.-WED. 1:45-4:30-7:15-9:30 WEEKDAYS EXCEPT WED 7:15-9:30

Imagine your life hangs by a thread. Imagine your body hangs by a wire. Imagine you're not imagining. COMA (PG) SAT.-SUN.-WED. 2-4:30-7:15-9:20 WEEKDAYS EXCEPT WED 7:15-9:00

NORTHWOOD 485-9653 STELLHORN & MAPLECREST ROADS

An experience in terror THE FURY SAT.-SUN 2-4:30-7:15-9:45 WEEDKAYS 7:15-9:45

ENDS SOON MEL BROOKS HIGH ANXIETY A Psycho-Comedy SAT.-SUN. 1:30-3:30-5:30-7:30-9:30 WEEKDAYS 7:30-9:30

SOUTHTOWN MALL 447-3535 U.S. 27 SOUTH AT TILLMAN ROAD

WALTER MATTHAU GLENDA JACKSON House Calls (PG) SAT.-SUN.-WED. 1:30-3:30-5:30-7:30-9:30 WEEKDAYS EXCEPT WED 7:30-9:30

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PG PARENTAL GUIDANCE SUGGESTED A PARAMOUNT PICTURE

SAT.-SUN.-WED. 2:00-3:55-5:50-7:45-9:45

WEEKDAYS EXCEPT WED. 7:45-9:45

It's Spring....time to get in shape

Spring is here!

With the warmer weather comes that itch to get outside and become active once again. After being cooped up all winter, it is time to do something-get back into shape.

Well...you have made the decision. Excellent! Now what?

One of the best ways to get into shape and stay in good physical health is to develop a regular routine of exercises.

The first step is to find out exactly what you can do now. From that information, set your goals for the level you would like to be at - for example, the end of finals

Next, you must make a decision about the exercises and set up your program. An everyday routine is the most beneficial. Alternate days between upper and lower body conditioning. It is best not to concentrate your program on one area of the body, rather try and develop your muscles evenly. Set up 2 to 4 exercises to do daily or every other day - don't try to do everything at once.

It is now time to start your exercise program. Start with no resistance exercises (walking or jogging before bicycling, push ups before lifting weights, etc.). After you have done these for a while, gradually work into the resistance exercises.

The first day, do as many repetitions of each exercise as you can- then one more. This number is your starting point. Increase the number you do by 2-3 everyday at first, then 3-5. Don't over do it! Start out at what is comfortable.

When doing your exercises, Do Not Bounce! For example, when doing toe-touchers grab your knee, calf, or ankle. Bouncing pushes parts of your body beyond the natural limits and could result in stretching or tearing Keep your body warm when exercising. Be sure and loosen up before exercising, especially if it is cold.

Try exercising to music and with friends. The music can make the work more enjoyable for those who don't like to exercise. It also sets up a steady pace to follow. Working out with friends can also make exercising more fun, and it will be harder to cheat when there is someone watching every move you make.

Here are some suggestions for activities and exercises:

1. Getting back into shape can be very rewarding and quite enjoyable. Swimming, walking, jogging, bicycling, rollerskating, raquetball, handball, golf (if you walk), tennis, water skiing, dancing, etc., are all excellent exercises.

2. Some simple exercises are jump rope, running steps, sit ups, neck rotations, arm rotations, lifting weights (or cans of food, sugar bags, cases of beer, whatever is available), chin ups, squeezing things, leg lifts, toe touchers with legs crossed, and waist rotations.

3. To develop those all- important fingers, support yourself against a wall with your fingers and arms outstretched. From this position, begin doing push ups.

4. Hurdles are good for the thighs (and they also take off inches). These are done simply by stretching one leg straight in front of you while the other is bent behind you or to your side.

5. Another exercise that can be done, if you have an area about 20 feet long at your disposal, is lane lines. These are done by shuffling along a line, touching the floor with your hand each step.

Shin slints is a source of great discomfort to many people.The muscle pulling away from the bone It is caused mainly by poor arches and running on different surfaces. If you have a history of shin splints, there is very little you can do about it. Heat can help a little and there is a way to wrap your legs to lessen the discomfort.

Wearing sweat clothes on cool days can reduce your chance of getting cramps along with making sure that you are sufficiently loosened up before exercising. If the cramps are very bad, call it a day. However, cramps can usually be rubbed and massaged out so that you can continue

If you become dizzy while exercising, your face turns red and remains red after you stop, you feel hot but are not perspiring, and you are getting cramps, most likely you are dehydrated. If this ever happens, remove all unnecessary clothes, and binding clothing and be careful not to cool off too quickly. Drink plenty of fluids and just take it easy.

There are pros and cons about salt tablets. Usually just adding a little more salt to your food will be sufficient. Too much salt will cause the body to retain too much water You will not perspire in this case and death could result.

Good luck, good health, and happy exercising!

You could join the Marines?

By BRUCE LEHMAN

"So, you want to be a Marine?", barked the drill sergeant. "Well it's gonna be tough. Your gonna sweat and ache, but you'll be in shape when we're through."

The marines have long been famous for esprit de corps and leatherneck toughness. But how does a marine get in shape? What goes on for 11 weeks of basic training? How can a marine's training help you?

"Marine recruit training is probably the toughest time there is as far as physical exertion," commented Gunnery Sergeant Robert Hernandez of the local Marine Corps recruiting office.

The 13-year veteran of Marine Corps life described what a new recruit would probably face in boot camp (basic training).

"It's (boot camp) an 11 week program broken into three phases," said Hernandez, 30. "First recruits are tested to see what they can accomplish fresh from their home environment. This includes three basic exercises: pull-ups, sit-ups and running.

"After we've established a person's abilities, the real training begins. As the recruit moves into phase two, the exercises become tougher. They (the recruits) climb walls and ropes along with the three basic exercises. Everything gets harder and requires more skill and stamina. The Marines try and build endurance into the recruit."

According to Hernandez, during the second phase marked improvements are looked for. "It's an evolution of strength - you run faster and last longer," he said.

"By the time a marine reaches the third stage, he or she looks forward to trying harder. During this phase of training a recruit will probably run everyday Sometimes as much as three miles. Of course the sit-ups and pull-ups are still continued."

A qualified physical fitness instructor for the Marines, Sgt. Hernandez, stressed that the aim of recruit training is "strengthening upper and lower body, as well as building endurance. Everyday you face different forms of exercise," he added.

If you are not interested in joining the Marines, Sgt. Hernandez offers some pointers for getting in shape.

1. Have fun exercising. You should not feel as if exercise is a task.

2. Running and swimming are physically the best forms of exercise.

3. Don't go out the first day and try so hard that you overdo yourself.

4. Set up a time schedule. That is, if your goal is a 30 minute exercise period, start at 15 minutes and build up to 30.

5. Smoking is not recommended, however, cigars and pipes are better than cigarettes.

"Speed is not the name of the game," Hernandez continued. "We all want to live longer, so it's necessary to strengthen our cardio-vascular (heart) system. Just take your time."

A person's confidence also grows as exercises are mastered, according to Hernandez.

"You begin to notice changes in your ability and mental attitude," remarked the young recruiter. "A physically fit body makes for a sound mind."

Sgt. Hernandez is willing to talk with anyone interested in physical fitness. His office is at 343 W. Wayne Street, the phone number is 422-1942.

Yoga more than meditation

By ROB FEIGHTNER

If you thought yoga was practiced by Indian gurus who sit in meditating postures for hours upon hours, then you are only partly right. Hatha yoga, the branch of yoga that deals with the physical aspects of toning and conditioning the body, can loosen up tight muscles and joints, calm tension and anxiety, and help your relax and unwind at will.

Hatha yoga basically helps develop control of muscles, body regions, and organs, and to develop harmony between the body and mind. It does this by combining proper breathing technique, special exercises and postures with a little mental imagery

One of the first things a student of Hatha yoga learns is the proper method of breathing, as the overwhelming majority of people breath improperly. People usually breathe too frequently, using less than full lung capacity, and often times breathe through the mouth.

A basic fundamental of Hatha yoga is Pranayama, which is the direction and control of the vital forces of the body through conscious regulation of the breathing mechanism. A basic exercise in proper breathing technique is quite simple and can be performed nearly anywhere.

While lying down or sitting erect, breath deeply through the nose for a count of four, filling first the bottom of the lungs, then the middle, and finally the top. Begin filling them by pushing out the diaphragm, expanding the rib cage form the bottom; then move upwards, expanding the middle and finally the top of the lungs. Exhale by pulling in the diaphragm, and compressing the ribs, working from the bottom and moving upwards to the top of the lungs. The exhalation should be slow and even, lasting for a count of eight.

Repeat this a few times trying to achieve a wave-like motion; and with practice, proper breathing technique will become natural. One word of caution, however, do this exercise for a very short period of time in the beginning because dizziness may result when your body is confronted with a larger amount of oxygen than it is accustomed to.

As you do this exercise, imagine the vital oxygen flowing to your body's cells, recharging them and flushing them of toxins and metabolical by-products, feeling the "prana" (life force) flow through you. This helps one to relax, and to refresh and recharge a tired body.

Are you bothered by sinusitis and sinus pressure headaches? If so, then the headstand and the shoulder stand, two important Hatha yoga exersises will help the sinuses to drain properly and relieve the pressure that causes the headaches

Hatha yoga postures and exercises also can help to corrert some other physical problems naturally, without drugs and painkillers. The cat stretch exercise can help ease backaches and strengthen the muscles that may cause problems The knee press and the stomach lift help to ease gas pains in the stomach. The plough is just great for relieving a hangover and the "burnt-out" feeling that accompanies the morning after

Hatha yoga has several distinct advantages over other exercise programs. One of the main advantages is yoga renews energy, while calisthenics deplete energy.

Hatha yoga requires no equipment and an exercise schedule can be developed to fit any lifestyle and schedule. A few minutes out of the day is enough time for a small exercise program, tailored to your own needs.

Hatha yoga classes are often taught at the YMCA, the YWCA, and at other athletic clubs. A one-hour class in yoga is offered here at IPFW. Many books are also available dealing with yogic exercises, postures, and ideology.

Hatha yoga can provide something for everyone. Whether you want to trim off or add a few pounds, ease the tension and stress of a hectic lifestyle, or restore health and vigor to your body, Hatha yoga can help you do it!

WOWO TO BROADCAST "TILL DEATH US DO PART" SERIES ON BATTERED WOMEN

WOWO Radio will broadcast a special documentary on battered women entitled "Til Death Us Do Part", Thursday, March 23, from 9:00-9:30 p.m.

The program focuses on the most unusual case of Nancy Schlemmer, a Wabash County, Indiana resident.

Year-round activities help, too

By SHARON MURFIELD

to this area of the country, health and sports-minded people have encountered the problem of keeping in shape during the winter months. In scouting around the city, four major activities for year-round participation were found. They are raquetball, tennis, karate, and health spas

Raquetball is a sport which has a rapidly-increasing popularity. It is similar to tennis, but is played in a closed room, using the walls instead of a net. Court Rooms of America is the sole raquetball club in Fort Wayne. The building on Kerrway Court houses ten courts which are open from 6 a.m to midnight. The rules of the game are fairly simple and easy to learn

Court Rooms of America offers a special rate to students, a 16 week membership for $10.00 and a family rate of $55.00. The membership entitles the holder to use of all the services in the building Court time, however, is $5.00 per hour on a walk-in basis before 5 p m After 5 p.m., the rate varies between $6-$8, depending on the hour.

Like raquetball, the popularity of tennis is growing quickly Fort Wayne has two private tennis clubs. Wildwood Raquet Club, located on Hadley Road, consists of twelve indoor courts and four outdoor courts

Membership rates at Wildwood are figured by the year. An individual membership is $56 25, and a family membership runs $112.00 The center is open from 5:30 a.m. until midnight, and the court rates vary between $8-$12 per hour, depending on the time Seven-week tennis lessons are offered at the rate of $42 for an adult member for the seven weeks, and $19 per hour for private lessons.

The Fort Wayne Raquet Club offers a rate of $14 to college students for a period extending from March 1 to September 25th. The center, located on Raquet Drive, has a standard fee for students of $7 per hour for court use at any time. Family memberships are $60.00 and prime time court use is $11.00 per hour. The club has a pro who gives lessons in six-week clinics, with fluxuating rates depending on the student's age and the length of the class The range is from $33-$46 dollars for the full course, and private lessons are $18 per hour.

Karate is one of the off-the-beaten-path sports. More accurately, karate is an art rather than a sport. The Robert Bowles Karate Academy offers two eight -week courses (one each semester) through IPFW, and the course constitutes a one-hour HPER credit. The class meets one time each week at the academy on S Calhoun. The basics of karate are taught in this course, and the size of the classes is from 12-15 people Mr. Bowles is a fifth degree black belt and can promote up to a fourth degree.

For anyone else who wants to take classes, there are other programs. If you have never taken karate, there is a one-month trial course to learn the correct proceedings for the class and to get into shape. For members, the academy is open for use Monday through Friday from 10:00 a.m. until 9:00 p.m. and on Saturday from 11:00 until 4:00 p.m. Aside from being able to practice technique, there are also weights, boards, and bags for the use of the members.

The last source of winter shape-ups is the health spas. In these spas, the basic program consists of; an introductory tour; a demonstration of the equipment; construction of a personal diet and exercise program; and unlimited use of the facilities at any time. There are many spas in Fort Wayne, and the rates vary as much as the the number of salons.

This is a very brief look at the winter exercise activities in the Fort Wayne area. With spring coming, now is the perfect time to join and get in shape for the summer sports.

If you don't feel the inclination to join one of these clubs, they did offer some general exercises for spring conditioning. The first, and most common, was running. Running is good for building the leg muscles used in raquetball and tennis. Jumping rope was also suggested for conditioning in the same sports. Whether you choose to use a set exercise program or one personally devised, the time to start is now.

Women's tennis meeting March 28

Dr Benjamin Becker, head coach of the IPFW women's tennis team, has announced that a preliminary meeting for those students interested in trying out for the 1978-79 tennis team, will be held March 28, 1978 at 5:00 p.m on the IPFW tennis courts.

Graduating high school seniors and those people who are presently not enrolled as IPFW students, but plan to be a student beginning in the fall of 1978, are encouraged to attend this meeting.

IPFW is a member of the AIAW association Highlights of the upcoming 1978-79 women's tennis schedule include matches with such universities as Notre Dame, Manchester College, and a State Intercollegiate Tennis Tournament

There will be a release sent out later in the summer announcing when actual practice begins as well as the 1978-879 tennis schedule.

For more information, contact Earle Franklin, sports information director 482-5351.

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MOVING?

Student seeking rental housing are advised that a service is available to them that will locate suitable rental property for a fee of $35.00.

Contact Homefinders at 327 E. Wayne St., 9-6 daily. The service is guaranteed to locate suitable property or refund the fee in full. The service is honest and if used properly, satisfaction is fully guaranteed.

The office is open daily: 9:00 a.m. to 6:00 p.m.

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327 EAST WAYNE STREET

TELEPHONE 422-8458

Now interviewing sophomores for management opportunities

The United States Army is interviewing sophomores for future positions as Army officers.

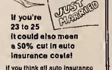
Applicants are required to participate in a six-week summer program at Fort Knox, Ky., to qualify for college ROTC courses next year. Pay for the six weeks is nearly $500, plus travel, room and board.

Students who complete the summer training and enter ROTC as juniors will accept active duty and reserve obligations upon graduation.

For an interview appointment, contact:

Capt. Larry Deering
Room 288F

Neff Hall
Phone 482-5247



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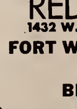

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